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# The Southern Sanitarium

A Medical and Literary Journal, Issued Quarterly. It is a Friend to the Pickford Sanitarium, at Southern Pines, N. C., for Negro Consumptives.

L. A. SCRUGGS, Editor.

J. T. ANDERSON, General Manager.

CLIMATE

HEALTH

X

LIFE

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# The Southern Sanitarium

*Devoted to the Cause of Afflicted Humanity.*

VOL. IV.

RALEIGH, N. C., JULY, 1901.

NO. 11.

## HIS CROSS.

BY MARY LOWE DICKINSON.

To bind earth's broken hearts and sore,  
To tread the ways Christ walked before,  
To know Thee better, serve Thee more,  
We ake Thy cross, our Lord and King.

To help the weary to Thy rest,  
To heal and comfort earth's distressed,  
To show the world we love Thee best,  
To wear Thy cross, our Lord and King,

## SOME INTERESTING REFLECTIONS UPON THE PHYSICAL LIFE OF THE NEGRO.

It is a rare thing for one to carefully read the leading American daily papers and fail to find, in any of them, some reference to the Negro. Sometimes he is referred to in commendable terms, showing what he has accomplished, and suggesting how and by what methods he may do even more in the future.

At other times these dailies take the Negro severely to task, criticising him for not having accomplished more along lines where he has failed to do and be what he should.

To this, from either standpoint, there can be little or no objection on the part of the Negro or his friends, for it

seems to have been the special mission of the Press to faithfully commend the good and condemn the bad in all the times and changes through which it has come. These encomiums and censures have fallen upon all races and classes of people. To this method of dealing with the public or private life of the people, the Negro has been no exception, nor should he be, for if he is to be no exception to the immutable conditions prescribed for all men in the WORLD BEYOND, then certainly he should, in common with all men, meet the conditions in this life as best he can as a man.

But most, if not all of the discussions of the Negro by the Press, have been based upon his *moral, mental, material* or *political* conditions, and along these four lines nearly all that has been undertaken for him has been concentrated, while LITTLE or NOTHING has been said about his *Physical Life*, especially as effected by his greatest enemy, *Consumption*.

Now, let us assume that according to the facts as we may seem to know them, that the American Negro, as a race, has experienced or partly passed through, three conditions, each of which has affected his physical life differently.

#### I. HIS LIFE IN AFRICA.

There, he was in a warm climate, and possibly needed no clothing for the most part. He lived a plain life, much of which was outdoor, consisting of considerable exercise of the body. His food was rich in the essentials to sustain a vigorous constitution, such as palm oil and other fatty substances, game, rice, barley, etc. It was all plainly prepared and eaten in sufficient quantity, with plenty of rest. He made and collected at will all he consumed.

#### II. HIS LIFE AS AN AMERICAN SLAVE

was somewhat similar to that in Africa in many respects.

It was a plain, outdoor, active one—not by any means an idle one. Nearly all the slave ate and wore on his body was made at home, or on the farm. His clothing was coarse but warm, both for his body and his bed. The latter was usually filled with bright wheat straw or hay. His shoes were of heavy upper, with double leather or single wood bottoms. He wore good, hand-knit, woolen socks in winter. He did not know the tooth-pick, cork-heel shoes that the thrifless members of his race now wear, hanging out on street corners.

His food was also coarse, but rich in the essentials to sustain a strong body. The food consisted of corn bread or "ash cake," and fat, home-cured middling and shoulder bacon. Some now and then had a little ham, or the ham-bone. On Sunday morning, in many cases, he had good shortened flour cake for breakfast, with a little butter on the side, and molasses and gravy "sop" in abundance. He would eat this meal to his full satisfaction, and tell hearty tales with laughter a plenty. Then add to this many kinds of fresh vegetables during the week in summer, and in winter hominy, peas, beans, potatoes, turnips, etc., all cooked in abundance, well seasoned with good bacon. My! It makes one think way back, of the days of turnips, and cabbage, and "pot-liquor!"

His rest was perfect. If caught from home at night without a written pass of authority (and in many cases out of bed at home after 9 o'clock), he would certainly have a chat with the patrol, preparatory to crossing his hands and taking a dose of "persuasive oil" about three feet long.

He had plenty fire in cold weather. When well he had to work. When sick he had the best doctor and medicines.

### III. HIS LIFE AS AN AMERICAN CITIZEN

has, in many respects, been rather a remarkable one for several reasons. First, that he came to his citizenship so

suddenly, there being more than 4,000,000 human slaves on one day, and on the next day they were all as free as their former owners. Remarkable, also, when we remember how the freedman and his former master have lived and labored together here in the South as citizens and have had so little race trouble. The like, possibly, has never been known. Though the Negro was, at the close of the late Civil War, free, yet he was *homeless, penniless, and ignorant*, still he has been peaceable, and to an average degree *honest and industrious*. Quite reasonably, many became very much discouraged at the gloomy outlook, and although proud of their liberty, soon sought homes on "the old plantation," where they might earn an honest support. Many others moved into the towns and cities. Then began an unfortunate life of hardships and thriftlessness, from the damages of which the race has never recovered.

Another, or what might be termed a more determined class, resolved at once to accept the situation, and went to work to *do something and to be something*, whether in town or country, made no difference to them. "Home and Education" were the goals before them. That these have succeeded there can be no question. Yet it is a sad fact that even many of these have suffered great physical loss by their efforts to economise and save. In order to do this they had to deprive themselves and families of many of the substantial necessities of life, both as to food and clothing, that they might make ends meet. The assumption of new and grave responsibilities which caused many restless nights, brought about great nervous strain.

Now, taken as a race, what have we had as a condition since 1865? *Poor food, scant clothing, crowded houses, ignorance, new responsibilities, mental anguish, indigence, rest-breaking, over-working, etc.*, all perpetrated by the failure of the "*Freedmen's Saving Bank*."

Compare these conditions with the conditions under and through which the Negro lived in Africa, and during

American slavery, when he was the physical equal of possibly any race of people, and ask is it a marvel if he should grow physically weak? Is it not rather marvelous that most of the race ever lived thus far through it? Would not the same conditions have possibly been the result in connection with other races under like circumstances?

Then add to all these irregularities and privations the continuance of *race amalgamation*, and the abnormalities of our American civilization, and we shall find reasonable cause for great physical degeneration.

These terrible depletions of the blood, and severe taxations of the mind, as well as the awful and continued nervous strain under such great privation, have very forcibly told the sad story in the rapid development of tuberculosis in this race far in advance of its progress in the history of any other people.

Forty years ago a consumptive Negro was a rare sight, as is testified to by very many of the older Southern physicians, who used to treat the Negroes for many years prior to 1865. Now his mortality is  $4\frac{1}{2}$  to 1 of the white people in some localities, and about an average of  $3\frac{1}{2}$  or 4 to one of the white people over the whole country. Yet the opposite race has had the disease for many generations. The annual mortality of all races from consumption in the whole country is given as more than 100,000, according to reliable health reports. While the Negro furnishes only about one-eighth of the American population, he furnishes more than 30 per cent. of this enormous mortality,

There are many well-equipped sanitaria all through the South for treating tuberculous patients, but by long-standing regulations, laws and customs, the Negro cannot enter any of them as a patient. They are only for the white people at home, and the thousands that come here from the North. Even if the Negro was permitted to enter these institutions he is too poor to meet the expense. Some of those in the North, as special charities, will take a few

Negroes from that immediate vicinity. But it is found that he does not do well under treatment for lung troubles in the North. The climate is too severe for his already prostrated nervous system.

There is therefore but one Sanitarium—the only one—in the whole South, into which he can go for special care and treatment as a consumptive, or for special treatment of *throat* or *bronchial troubles*. That is the PICKFORD SANITARIUM, located in the long-leaf pine forests at SOUTHERN PINES, N. C. This institution is only four (4) years old, and has been a great source of relief to this class of patients. Its good work and its value can be realized when we say that *sixty-six per cent.* (66 per cent.) of all patients that have been treated at the Pickford Sanitarium, have gone home either *relatively* or *positively CURED*, and are now self-supporting, though helpless in some cases when they came here.

The institution has a nice campus, upon which three neat but modest buildings have been erected and furnished and paid for.

It was incorporated under the laws of North Carolina in 1897. But it is too inadequate, and needs means for current expenses, and the endowment of beds, etc. One hundred and thirty-one (131) Negroes applied for admission within the last year.

On account of no means with which to care for them we had to say No! to many. At the same time we had unused beds, but no money to support them.

Now, then, with all our struggles and sacrifices to build this place, will the friends of the Negro—the friends of afflicted humanity—the friends of *Christ*, allow beds to be placed in the wards to help and bless the afflicted, still remain unused, when 131 helpless men, women and children are begging for admission? “What would Jesus say about this?” He has already said: “Verily, I say unto you, inasmuch as ye have done it unto one of the least of these,

my brethren, ye have done it unto me."—*Matt. 25: 40.*

Possibly more than \$30,000,000 have been given by the friends in the North for the *Christian* and *Educational* development of the Negro; but practically nothing has been done to alleviate the sufferings of consumptive Negroes. Yet very many of these afflicted ones have been recipients of a part of this great outlay of means. Indeed, many of our young people of brightest intellects seem most or quite liable to the disease when placed under great mental strain.

We do not complain of too much being spent for education and Christian development, nor for any other charity. God bless and prosper them all!

We do feel, however, that the attention of the public has not been called to the rapidly increasing mortality of the Negro from this awful disease, or means would be forthcoming for the relief of the suffering and the checking of the dreaded monster. We cannot believe that the Christian people of this country would allow this condition of affairs to exist if they only knew the facts as the writer, as practicing physician, has watched and seen them here in the South for fifteen years.

In looking this country over we find that millions of dollars are also given to treat patients suffering from almost every known disease—the domestic animal included. Especially is this true in the North, and some of the larger cities of the South.

We also believe, upon good authority, that there are today about fifteen thousand (15,000) Negroes suffering and dying from consumption and its concomitants, many of whom, here in the South, have not the comforts nor the kindly care while sick of this disease that a pet dog receives in the North. Consumption of itself, at best, is loathesome, but when the idea of cleanliness and simple hygienic rules are strangers about the patient and his bedroom, it can readily be seen why many who would admin-

ister in person to these poor, neglected sufferers feel compelled to stay away. We can, therefore, see but one way out of the difficulty—ISOLATION!

That the disease is both very *contagious* and *infectious* there seems to be not the least doubt.

Because it is “*catching*” general hospitals must and do refuse to take consumptives.

It is this idea and necessity that gave birth to the PICKFORD SANITARIUM at Southern Pines, N. C. It is, therefore, that we do most earnestly appeal to a charitable public in the interest of neglected Negro consumptives.

Now, then, we think we have given some reasonable causes for the present physical condition of the Negro, also some reasons why the effort, at the Pickford Sanitarium, to help check the progress of the disease, and at the same time alleviate the sufferings, should have a generous support and kind encouragement from the benevolent people of the country.

Trusting, therefore, that each of you whose eyes may fall upon this appeal may ask the question, “*What would Jesus do?*” and be guided by Him accordingly, I beg to be,

Very sincerely yours,

L. A. SCRUGGS, M. D.,

*General Manager Pickford Sanitarium.*

Office 21 East Worth St., - - - RALEIGH, N. C.

P. S.—Any desired reference or information will be furnished upon application.

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PICKFORD SANITARIUM,  
*Southern Pines, N. C.*

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THE PICKFORD SANITARIUM, for the care and treatment of consumptive Negroes, owns four acres of land at Southern Pines, N. C., upon which three modest but neat buildings have been erected and paid for, having ample capacity for twenty-four patients.

The Sanitrium has been endorsed and commended by resolution of the Legislature of the State of North Carolina, by resolution of the Chamber of Commerce of the city of Raleigh, N. C., and by personal commendation of well-known business men of that city, as also by Rev. Edward Everett Hale, D. D., of Boston, and others who have visited it.

L. A. SCRUGGS,  
*General Manager.*

J. T. ANDNRSON,  
*Business Manager.*

OUR THANKS FOR DONATIONS FROM OCTOBER, 1900, TO MAY, 1901.

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We beg to tender our humble and sincere thanks to all concerned for the following named donations, and assure the donors that their aid has done much to relieve, comfort, nourish and restore our sick and deserving inmates.

Mrs. Mary C. Pardee, Pennsylvania	-----	\$20 00
Mr. W. P. Henszey, Pennsylvania	-----	25 00
Mr. Edward Cope, Pennsylvania	-----	10 00
Mrs. M. W. Kitchen, Pennsylvania	-----	1 00
A Friend, Montreal, Can.	-----	5 00
Mr. Edward B. Hodge, Pennsylvania	-----	5 00
Mrs. F. B. Prime, New York	-----	10 00
Mrs. M. F. Crozer, Pennsylvania	-----	2 00
Friends	-----	1 50
Miss E. L. Howard	-----	25 00
A Friend	-----	25 00
Mr. Moses Woodard, North Carolina	-----	4 00
A Friend (Per S. H. T.)	-----	10 00
Mrs. Geo. F. Reed, Massachusetts	-----	50
Mr. L. H. Haines, Vermont	-----	1 00
A Friend, Connecticut	-----	1 00
Mr. N. K. Hubbard,	-----	20 00
Mrs. C. C. Craft	-----	5 00
Mrs. S. J. Eastman	-----	3 00
Dr. Redan's entertainment, Piney Woods Inn (March, 1900)	-----	16 21
Mrs. Sarah H. Hooker, Massachusetts	-----	10 00
Dr. L. S. Filbert, Pennsylvania	-----	5 00
Mr. E. W. Clark, Pennsylvania	-----	10 00
Mr. N. T. Allen, Massachusetts	-----	1 00
Mr. and Mrs. Charles Rhodes, New Jersey	-----	5 00
Mr. Benjamin Codbury, Pennsylvania	-----	1 00
Githers, Rexsamer & Co., Pennsylvania	-----	5 00

A Friend -----	1 00
Roanoke-Salem Baptist Church, Garesburg, N. C.,	8 15
Mrs. S. H. Tingley, Rhode Island -----	25 00
Entertainment at Pinehurst, N. C., March, 1901--	35 35
Entertainment at Piney Woods Inn, Southern	
Pines, N. C., March, 1901-----	18 10
Mr. Adam Womick, Massachusetts -----	2 00
Mrs. C. J. Pickford, Massachusetts -----	30 00
Cash-----	2 00
Mrs. R. Higbie, Sr., New York -----	1 00
Mrs. L. D. Pickford, New York -----	1 00

Box of provisions collected by S. G. Newsome from the following persons in Littleton, N. C.:

G. Knotts & Son, 1 doz. cans of pears-----	\$1 80
Mrs. Charlotte Parks, 1 package -----	10
Mrs. Morning Harris, 1 package -----	10
E. B. Perry, 1 package -----	25
Dr. Fetter, 1 box soap -----	15
H. E. Forest, 1 package -----	10
A Friend, 1 package -----	10
H. Walker, 1 can milk -----	10
E. C. Babbit, 1 box mustard-----	10
Henry L. Harris, 1 can chip beef-----	20
J. W. Nathington, 1 jar preserves-----	20
J. H. Harrison, 1 package-----	15
Rev. W. H. Shaw, 2 boxes -----	20
Mrs. W. F. Young, 1 sack flour -----	30
Rev. T. Zollicoffie, 1 cake soap-----	05
S. Johnson, 1 package sugar-----	05
Scotland Harris, 1 package-----	15
W. C. Burwell, 1 package sugar -----	14

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Messrs. Kress & Owen, New York, 6 pints Glyco-Thymoline and 1 Nasal Douche.

Messrs. J. F. Lewis & Bro., Philadelphia, 100 lbs. white lead.

Mrs. Wm. W. Abbott, New Haven, Conn., one year's subscription to *The Ladies' Home Journal*, *The Saturday Evening Post*, *The Cosmopolitan*, *The Black Cat*. Smith, Kline & French, Philadelphia, 1 doz. cans Eskay's Albuminized Food.

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### THE LYNDONVILLE JOURNAL AND EDITOR WELLS.

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Among the many distinguished Northern friends who visited the Pickford Sanitarium and inspected its departments during the past winter, was Editor B. U. Wells, of the *Lyndonville Journal*, Lyndonville, Vt., and Mrs. Wells. The editor afterwards wrote an account of his visit to Southern Pines, and other places, which was published in the *Lyndonville Journal* February 27, 1901. In writing of the Pickford Sanitarium, located at Southern Pines, Mr. Wells said:

“This sanitarium is under the management of Dr. L. A. Scruggs, a member of his race who has done a great deal to make the institution worthy its name, and who is also a practicing physician. He has given it three years of time and about \$1,500. The Hubbard Cottage, an institution for women, was a gift from Mrs. S. H. Tingley, of Providence, R. I. A separate building is provided for men, which is known as the “Pickford Sanitarium.” The money for this institution was furnished by Mrs. C. J. Pickford, of Lynn, Mass. What help the sanitarium has had has come from Northern people, and they are still in need of contributions, which can be sent through the Citizens National Bank, Raleigh, N. C., or to L. A. Scruggs, Southern Pines. We called to see Dr. Scruggs, but he was away, so we were taken through the various departments of the

sanitarium by his wife. At present it has five patients, four men and one woman, and applications from 123 more. We found the buildings a model of comfort and neatness, and well arranged for accommodating the sick. Both of these institutions are under the exclusive management of Dr. and Mrs. Scruggs. During the past year the Doctor has treated thirty-six patients, both in the hospital and outside, and has not lost a single patient."

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#### TERMS OF ADMISSION.

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The Pickford Sanitarium will open during the next season, from November 1, 1901, to May 1, 1902, D. V.

Charges: \$15 per month, in advance. This includes doctor's attention, nursing, board, lodging and medicines, such as our dispensary contains.

It is the intention of the managers at Pickford Sanitarium to make it, at all times a pleasant, Christian home, full of sunshine and kindness. It is desirable that our patients should form a happy family, each making it pleasant for the other. To do this patients should conduct themselves as becomes ladies and gentlemen, remembering that cleanliness of habits and personal tidiness will add much to the one's own comforts as well as, to that of those about him. No *spitting* is allowed on floors, or *on the grounds*, or *in streets*, or *in fire-places*. Japanese handkerchiefs can be purchased at 15c. per hundred in the North. We will order for you if you wish us to do so. These we have burned when soiled. No intelligent lady or gentleman will violate this rule wilfully, we are sure.

## SOME PROBABLE CAUSES OF THE RAPID SPREAD OF CONSUMPTION AMONG THE NEGROES.

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Some of the probable causes for the very rapid spread of consumption among the Negroes in the South may be suggested as follows:

1. Sudden changes in the habits, environments and occupations.
2. Inability to provide many of the necessary comforts of life.
3. The assumption of great responsibilities.
4. Living in crowded and unsanitary tenement houses.
5. Failure to place sufficient safeguards around the health of mothers during the period of gestation, and a want of sufficient care of both the mother and child during the period of lactation.
6. Ignorance and disregard for the laws of hygiene.
7. Marrying without due regard for the family history on either side, or the present health of the two parties.
8. A want of sufficient familiarity with the early history and symptoms of the disease, so as to be able to make an early diagnosis.
9. Mixing or crossing of the races—amalgamation.
10. Overcrowded and badly ventilated churches and schools.
11. Faulty heating and boarding departments of many of our high schools and colleges.

The Pickford Sanitarium has cared for and treated 41 patients during the season, as follows: 8 inmates, 33 Dispensary—41.

## NOTES AND CLIPPINGS.

SUBSCRIBE to the SOUTHERN SANITARIUM—50 cents a year; 5 cents per capy.

THE SOUTHERN SANITARIUM rejoices with the good people of Durham, N. C., in their receiving a donation of \$5,000 from Messrs. W. Duke & Sons, of that city, with which to erect and equip a general hospital for Negro patients. Durham has much needed such an institution.—[ED.]

WE learn incidentally that friend S. G. Atkins has in sight \$5,000 to erect and equip a general hospital in connection with the Slater Industrial School at Winston, N. C. Let the good work go on.

“WOMEN OF DISTINCTION.”—The History of Negro Women in Africa and America is still for sale by the undersigned—the author. Only a few copies left. The proceeds from the sale of these remaining copies are for the Pickford Sanitarium. Purchase now, or you may never get a copy—382 pages, illustrated. Price, \$2.00. Write to L. A. SCRUGGS, 21 E. Worth St., Raleigh, N. C.

THE PICKFORD SANITARIUM at Southern Pines, N. C., is a *National* and *Non-sectarian* institution for the care and treatment of consumptive Negroes, and those suffering from bronchial and throat troubles in their earlier stages. It has given great relief and help to 66 per cent. of its patients, many of whom are now self-supporting. It opens November 1, and closes May 1, of each season. It has treated patients from seven States, and from Africa, as follows: Indiana, Virginia, Pennsylvania, Massachusetts, South Carolina, North Carolina, Georgia, and Africa.

A NOVEL IDEA FOR PROFESSIONAL NURSES.—In the next issue of THE SOUTHERN SANITARIUM it is proposed

to open what we choose to call a *Portable Intelligence and Nurse-Employment Bureau*, by carrying a list of thoroughly competent nurses in these columns, including time of graduation, from what school, experience since, etc. In this way people wishing a trained nurse may write or telegraph for her direct. Later on we propose a Stationary Bureau. This plan is intended to cover many States, North and South. Professional Nurses would do well to enter at once, by writing the Editor, 21 East Worth St., Raleigh, N. C.

LOUISIANA.—We learn with much pride that Louisiana, like Pennsylvania, will now establish camps or isolation stations in her pine woods for consumptives. This journal has for some years predicted that these States will be compelled, in self-defense, to isolate and care for poor consumptives as they now do for the insane, the deaf and blind. The results in our present sanitary institutions are teaching a lesson never to be forgotten—that consumption in its early stages is curable.

WE have recently received a copy of "The Autobiography of the Hon. Dr. Wm. Henry Johnson, of Albany, New York." We have carefully read it, and from our personal knowledge of Dr. Johnson and his work, we believe it to be a true and reliable characterization of the man. It is written in good style, and well-chosen words. Every youth should read it. Dr. Johnson is a hustler as well as a hero. The race needs many such men as faithful representatives.

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#### TESTIMONIALS.

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Mr. John O. Young, of Littleton, N. C., writes us, among other things, the following: "I was taken sick in 1900 with chills and malaria. I contracted bronchitis with a cough.

I lost considerable flesh, and grew very weak. I entered Pickford Sanitarium for treatment November 7, 1900. At that time I was still weak, and had a very poor appetite, weighing 105 pounds. I remained there under treatment until some time in April, 1901. When I left the Sanitarium I was feeling much better, having good appetite, my cough had improved, and I was holding my weight well. On March 17th I weighed 111½ pounds.

Very truly yours,

J. O. YOUNG.

*Littleton, N. C., April 6, 1901.*



*Dr. L. A. Scruggs, Southern Pines, N. C.*

DEAR SIR:—I wish to say that two years ago I had typhoid fever, which left me with very poor health and weak lungs. I tried medicines prescribed by physicians, and also patent medicines. None did me any good. Hearing and reading of Pickford Sanitarium at Southern Pines, N. C., I decided to go there, but doubted if it could do me any good. I entered there March 30, 1901, and began to feel the effects in one week. I then weighed only *one hundred pounds* (100). When I had been there one month and a half I weighed 108 pounds. I had also improved in appetite and general health. I am better in health now than I have been for two years. I advise all who have lung troubles to go early to the Pickford Sanitarium for relief.

Very truly,

MATTIE MAGGETT.

*Rich Square, N. C.*



*Dr. L. A. Scruggs:*

Last March two years ago I was taken very ill with pneumonia and bronchitis and was down three months. After I recovered of that it left me with a weakness in my left lung, and pain in my side and shortness of breath. I

read of Pickford Sanitarium, and went there November 30, 1900, for treatment. When I reached there my weight was 117 pounds. At the end of two months I found I was improving in appetite and strength. I remained there four months and a half. At the end of that time I left, weighing 125 pounds. So I can say truthfully I have been benefited in all respects, and advise all persons that are suffering from troubles of the throat or lungs to go to Pickford Sanitarium, where they can be benefited.

Very truly,                           MRS. E. M. W.

317 S. Davie St., Raleigh, N. C.



DEAR SIR:—Please kindly accept a word of congratulation on the treatment of my baby at Pickford Sanitarium. In September, 1900, my baby was taken very sick, and we despaired of his life, as no treatment seemed to arrest the disease, and the child grew worse. We finally gave the case up to the Sanitarium and the Lord. The child then was carried on a pillow, and would scarcely weigh nine pounds, and ten weeks after treatment of the case began his weight was twenty-two pounds, and he is still gaining every day.

Yours truly,

MRS. JOSEPHENE SOON.

*P. O. Box 141, Southern Pines, N. C.*

[This child had Intestinal Tuberculosis.—ED.]

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### OUR IMMEDIATE NEEDS.

---

1. Money to meet current expenses.
2. Provisions of all kinds.
3. Bedding and bed linen.
4. An air motor pump with tank, to protect property from fire, and for sanitation.
5. A cook-stove.
6. A laundry building with equipments.

Please subscribe to this Journal, only 50c. a year. It is a first-class advertiser. One page \$7.50, or half-page \$3.75 for one year, or four (4) insertions.

The attention of persons suffering of Throat, Bronchial, Lung or Scrofula and Joint troub'es, is called to Pickford Sanitarium, at Southern Pines, N. C. See Testimonials.

L. A. SCRUGGS,  
General Manager, Raleigh, N. C.

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#### WHAT A LITTLE MONEY WOULD DO AT PICKFORD SANITARIUM.

---

\$15 will care for one patient one month; \$105 will care for one patient one season, from November to May.

\$180 will care for one patient one year; \$850 will care for one patient five years, if paid all in advance at one time.

\$3,500 will permanently endow one bed.

\$150 will purchase an air motor with pump and 25-gallon tank. This is much needed to protect property from fire, and for sanitary purposes.

\$250 will erect and equip a small laundry.

\$300 will pay one nurse's salary for one year.

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#### VISITORS WHO CALLED TO SEE US DURING THE WINTER OF 1900-1901.

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We take pleasure in publishing the following list of distinguished visitors to the Pickford Sanitarium during the past season. Any one wishing to make inquiry might find the name of some acquaintance on this list from whom he might obtain the desired information:

Miss Isabel Merrick, Wilmington, N. C.; Mrs. B. F.

Watkins, Johnstown, Pa.; Mr. J. G. Jones, Fall River, Mass.; Mr. George T. Read and wife, Fall River, Mass.; Miss Estelle Burrows, New York; Miss L. Higbie Babylon, New York; Miss Ella St. John, Port Jervis, N. Y.; Mrs. Alongo Stoyker, New York; Mrs. F. D. Butterfield, Vermont; Mrs. Helen Tuck, Wilkes Barre, Pa.; Mrs. C. P. Ford, Marshwood, Pa.; Miss Helen T. Ford, Marshwood, Pa.; Miss H. M. Carrier, Newburyport, Mass.; Mrs. L. H. Haines, Bellows Falls, Vt.; Mrs. R. Higbie, Sr., New York; Dr. S. Rex Smith, Atlantic City, N. J.; Mr. Joseph F. McGentry, Philadelphia, Pa.; Miss Ida Garr, Sycamore, Ind.; Mrs. George H. Roberts, Springvale, Me.; Mr. Fred H. Roberts, Springvale, Me.; Mrs. A. S. Drew, Barton, Vt.; Mr. Abram Garr, Sycamore, Ind.; Miss A. Walsh, New York; Miss F. G. Gately, Boston, Mass.; Mr. and Mrs. Robertson, Jersey City, N. J.; Dr. Henry T. Gregory, Southern Pines, N. C.; Miss P. E. Marville, Boston, Mass.; Mr. E. D. Oslin, Southern Pines, N. C.; Mr. and Mrs. B. U. Wells, Lyndonville, Vt.; Mr. and Mrs. R. W. Stewart, Pittsburg, Pa.; Miss Margaret B. Murry, Brooklyn, N. Y.; Mrs. Orin O. Ware, Wilmington, Vt.; Miss Catharine Stewart Ware, Wilmington, Vt.; Mrs. L. D. Pickford, Brooklyn, N. Y.; Mr. Wm. K. Pickford, Brooklyn, N. Y.; Mrs. S. H. Tingley, Providence, R. I.; Mr. S. H. Tingley, Providence, R. I.; Mrs. H. H. Ware Millan, Harrisburg, Pa.; Mrs. H. L. Hake, Harrisburg, Pa.; Mr. J. R. Fisher, Williamston, Mass.; Mr. C. H. Smith and wife, Castleton, N. Y.; Mrs. Burt C. Brown, Fulton, N. Y.; Miss Carrie M. Brown, Fulton, N. Y.; Mrs. L. W. King, Truro, Nova Scotia; Mrs. A. M. Foster, Anderson, Mass.; Miss H. A. Belmoss, Anderson, Mass.; Mr. G. S. Dickerman, New Haven, Conn.; Miss Fotter, Providence, R. I.; Miss Champlin, Providence, R. I.; Mr. Sion St. John, Buffalo, N. Y.; Mr. Lewis E. Howard, Buffalo, N. Y.; Mr. T. W. Merry, Cleveland, Ohio.; Mr. D. H. Patty, Geneva, N. Y.; Mrs. Frank B. Prime, New York City; Mr. Herbert N. Ford, Kinston, N. Y.; Miss

Annie B. Titcomb, Newburyport, Mass.; Mrs. John Langhan, Manor, Pa.; Mrs. Florence Lusk, Washington, D. C.; Miss Margaret Langfuran, Crafson, Pa.; Mrs. Hump, Pittsburgh, Pa.; Mrs. A. C. Stand, Attomia, Pa.; Mrs. R. B. Beattie; Attomia, Pa.; Miss Olive Mathews, Philadelphia, Pa.; Miss Elizabeth F. Sanderson, Scranton, Pa.; Dr. Louis F. High, Nova Scotia; Mr. C. H. Johnson, Newtownsville, Mass.; Mrs. C. H. Johnson, Newtownsville, Mass.; Mrs. John T. Patrick, Chief Ind. Agent S. A. L., Pine Bluff, N. C.; Mr. George K. Wilder, Peterham, Mass.; Mr. F. D. Taylor, Newport, Vt.; Rev. D. M. and Mrs. Breckinridge, Southern Pines, N. C.; Mr. L. O. French, Derby, Conn.

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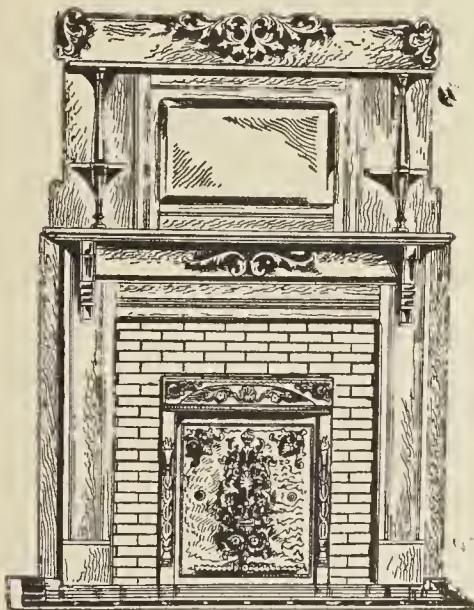
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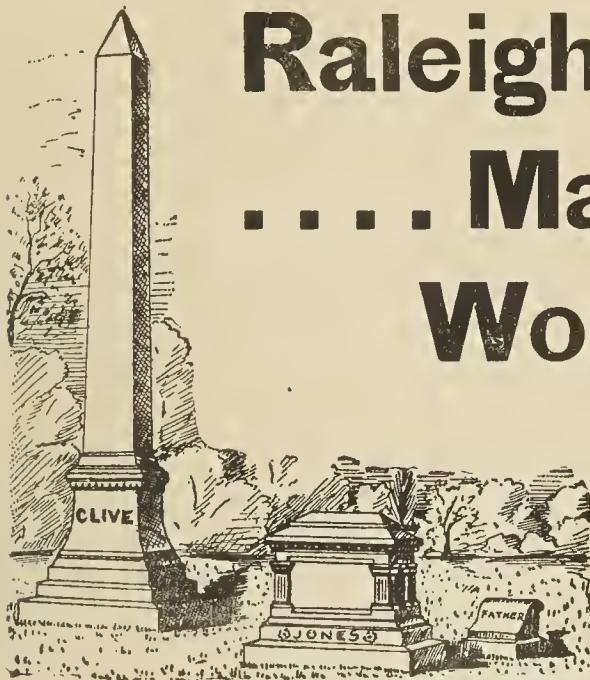
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